**Token Economy Programme:**

This is an example of a programme that can be used to motivate students to complete set work, remain on task and provides a consistent flow of positive reinforcement. The basic premise is that students will be working to gain ‘tokens’ (marbles) during the course of each school day. These tokens can then either be exchanged for rewards or ‘banked’ to save up for a larger reward.

1. Baseline data should be gathered in order to identify the behaviours of concern, their frequency and severity.
2. At the start of each day (session, etc..) student is issued with 5 tokens (marbles).
3. **Phase I -** During each working session the student has several opportunities to gain/lose marbles. Tasks and targets are pre-negotiated; “If you finish this worksheet you will earn a marble”, or “If you get out of your seat more than 3 times, you will lose a marble”.
4. At pre-determined times (end of the day, twice a week, Thursday lunchtime, etc...) tokens can then be exchanged for rewards. In order for the programme to be effective, the reward has to be meaningful enough (to the child) to encourage them to change their behaviour. Therefore, it is important to include the child in the choosing of rewards. Some children have chosen extra time with a preferred adult, others food rewards, etc...
5. When behaviour has improved, (some recording of ‘incidents’ is necessary to provide sound evidence of improvement or not), which usually takes 2-3 weeks, it is time to shift to **Phase 2 –** intermittent reinforcement.
6. **Phase 2 –**Tokens (marbles) are simply given in passing; i.e. when student has been “caught doing good” or taken away when student “caught acting inappropriately”. It is still critical during this phase to start each day with 5 tokens (marbles) so that the student has ‘something to lose’.
7. After this phase has been in place for an additional 2-3 weeks, assuming continued improvement, it is time to begin slowly withdrawing the token reinforcement programme. This can be achieved, for example, by only using the tokens every other day, or only in the mornings, etc...